

# Do you have hypertension? Get checked today.

If you have high blood pressure, it's time to take charge of your health.

The Majuro Wellness Center's free hypertension prevention program can help you monitor your blood pressure and make lasting positive lifestyle changes to reduce your risk of heart attack and stroke. We can help you protect your health – do it for yourself and for the people in your life.

Get your blood pressure checked today.

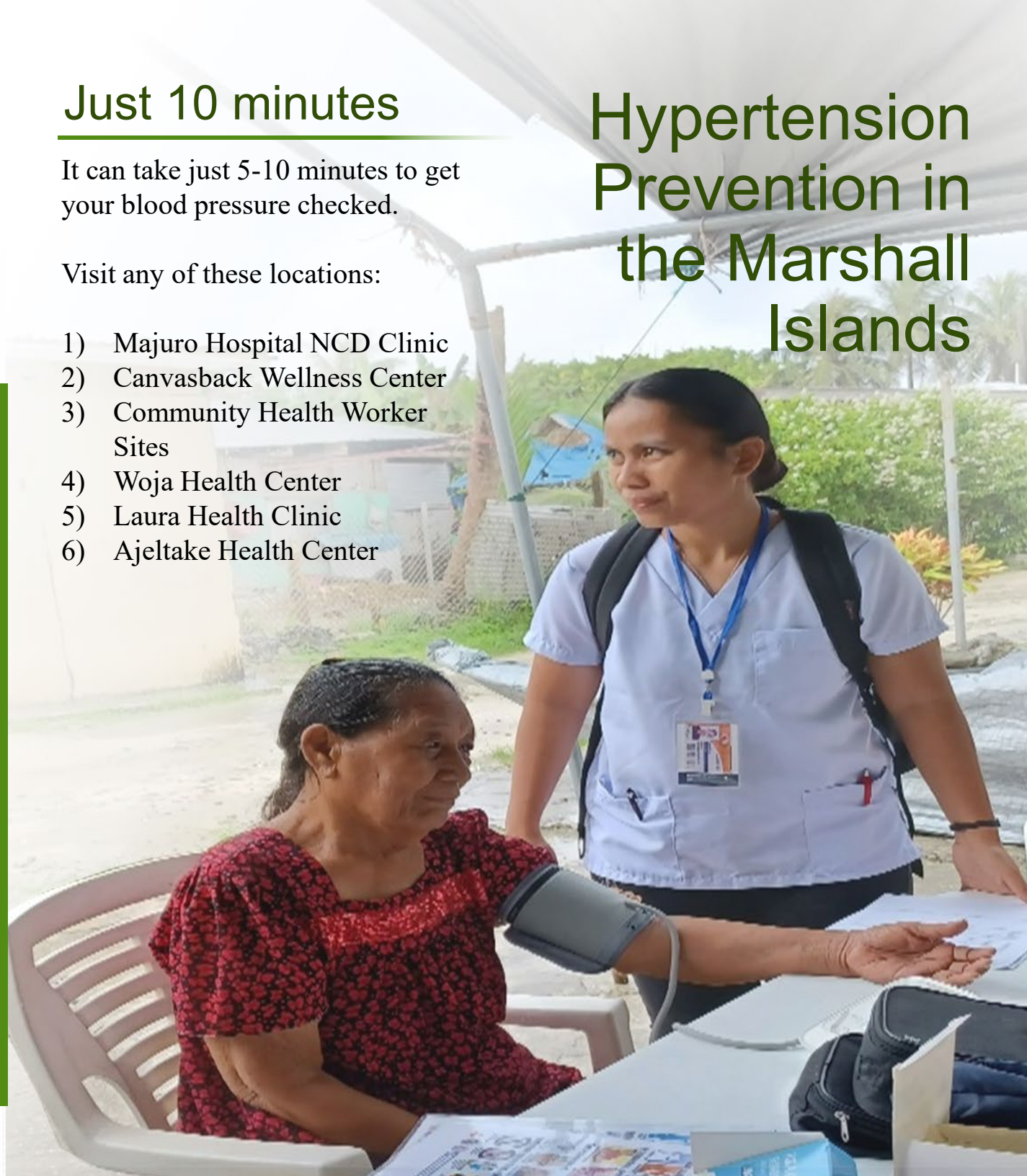
## Just 10 minutes

It can take just 5-10 minutes to get your blood pressure checked.

Visit any of these locations:

- 1) Majuro Hospital NCD Clinic
- 2) Canvasback Wellness Center
- 3) Community Health Worker Sites
- 4) Woja Health Center
- 5) Laura Health Clinic
- 6) Ajeltake Health Center

## Hypertension Prevention in the Marshall Islands





## Did you know?

**One in five** adults in the Republic of the Marshall Islands **have hypertension**. **Over half** of people with hypertension don't know they have high blood pressure because they don't feel sick. However, untreated hypertension can lead to heart disease and stroke.

The good news is that small changes like losing weight, eating fresh foods, being active, and getting treatment can help you control your blood pressure.

## Are you at risk for Hypertension?

You may be at risk for hypertension if you:

- Are 45 years of age or older
- Are overweight
- Chronic smoker
- Heavy alcoholic drinker
- Have a family history of Hypertension
- Aren't physically active
- Ever had high blood pressure while pregnant (gestational hypertension)

If you think you may be at risk for hypertension, **it's important to get screened** so you can start making positive changes to protect your health.

## Get screened

**Hypertension can be managed or even prevented** if you catch it early enough. Screening for hypertension is quicky and easy – all you need to do is get your blood pressure checked regularly and keep track of the results over time.






### Take these steps

- Learn more about the risks of high blood pressure by taking this quiz:  
<https://www.qzzr.com/c/quiz/465883/blood-pressure-101-know-the-basics>
- Visit your healthcare provider or a community health event to get your blood pressure checked.
- If you have or are at risk for hypertension, contact us to see if you qualify for free classes to help you make positive lifestyle changes.

## Make a change

Making **little changes** can make a **big difference** for living a longer, healthier life. Eating better and being active is good for the whole family.

Participants in the Chronic Diseases Self-Management Program (CDSMP) learn how to:

-  Cut their risk for hypertension **in half**
-  Lose weight
-  Be more active
-  Lower their blood pressure
-  Improve their health

During 2021-2022, **208 people** with hypertension participated in the program. Participants were physically active for **30** minutes per day and developed strength and stamina to compete in a basketball tournament.



**Participation in the Chronic Diseases Self Management Program can reduce the risk for heart disease and stroke from high blood pressure.**

## Start today!

A healthcare provider can determine if you have hypertension by measuring your blood pressure. You may have hypertension if your blood pressure is 140/90 or higher, or if your blood pressure increases over several checks.

### Take charge of your health

Take the first step by getting screened for hypertension. If your blood pressure is high, we can help you make positive lifestyle changes to **keep yourself and your family healthy**.

## Contact Us

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